



Spirit of Venus

(makes 2)

Equipment:

Cocktail shaker

Ingredients:

1 blood orange - seeded & squeeze

(Use pulp, too! They are good fibre and slow down the absorption of simple sugar.)

¼ cup vodka

20 ml whisky

2 teaspoons coconut sugar

2 slices of lemon/lime for garnish



Direction:

- 1) Put everything in a cocktail shaker and shake well.
- 2) Pour into 2 glasses and garnish with lemon or lime slices.